

ASKING FOR HELP TO BE A GOOD PARENT IS A SIGN OF GOOD SENSE

Most parents want very much to be good parents. Sometimes it is a sign of good sense to ask for help in parenting.

If you answer “yes” to any of these questions, you too may benefit from some help outside of your family:

Do you feel that you take out your frustrations on your kids?

Do you feel out of control often?

Do you feel overwhelmed and see no way out?

Do you strike out either physically or verbally when you're angry at your children?

Are you frustrated because your children don't listen to you?

Do you feel that you pick on one particular child?

Do you feel that your children rarely do what you expect of them?

Do you feel that you can't talk to your kids?

It's not always easy to reach out for help, but when you do you'll find many caring people who want to hear from you, people who will listen and provide assistance. Call 1-800-CHILDREN to find help in your local community.



Provided by Prevent Child Abuse Iowa
A chapter of Prevent Child Abuse America

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www.pcaiowa.org

Adapted from the Florida Chapter of PCA America

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